

SPOTLIGHT ON SENIORS



Summer
2020

Not Your Usual Summer Senior Picnics

Due to the coronavirus/COVID-19 pandemic, state restrictions on large public gatherings are in effect, and will stay that way for the foreseeable future. That makes it necessary to find a creative alternative to our traditional OFA free Senior Picnic program - and we think we've found one. We're calling them "Drive-Thru Picnics." Here's how they'll work.

What's the Same and What's Different

There will still be 12 picnics. The schedule is available on Page 3 of this newsletter. We will still send picnic invitations to Dutchess County seniors as we've done in the past, with the first ones arriving in mailboxes in early July. Two drive-thru picnics are being scheduled each week, from the last week of July through early September. The date and location for your community's picnic will be printed on your invitation. Read the invitation carefully, because several picnic venues have changed for 2020. The picnics will remain free to Dutchess County seniors who make reservations while space is available.

When you call to make your reservation, you'll be asked to also reserve a time to pick up your picnic meal. This will help keep everybody safer by spreading out traffic volume.

Drive-thru picnic meals are being provided by delis throughout Dutchess County, each one local to the communities served at each picnic.

The Dutchess County Sheriff's Office and Traffic Safety Board will be at each picnic site to accept your unwanted and outdated prescription drugs and medications. The Medical Reserve Corps of Dutchess County will also participate.

Many thanks to Home Energy Solutions and EverCare at Home for Platinum sponsorship.

A Message from County Executive Marcus J. Molinaro



Friends,

There's an unexpected silver lining in the cancellation of this year's OFA Celebration of Aging that was made necessary by the coronavirus/COVID-19 pandemic. Here in the pages of the Spotlight on Seniors, we can honor not only the centenarians who would have attended the Celebration in person, but also every Dutchess County centenarian who wished to have the milestone marked publicly, along with any Dutchess County couples married 70 years or more this year. You'll see their names on Page 4 of this issue.

There will be more opportunities to honor Dutchess County seniors for their outstanding achievements in aging. From now on, each future issue of the Spotlight will include the names of those centenarians and long-time-married couples who wish to "see their name in lights."

When it's safe to do so, the traditional in-person Celebration of Aging will return to its usual place on OFA's calendar. There's no substitute for hearing in person from those seniors who have used their long lives to share all they've learned over the years.

We hope the in-person Celebration will be back in 2021. It's a goal worth reaching for, as long as County residents continue to take conscientious measures to maintain physical safety while recognizing the importance of social connections to our seniors.

Todd N. Tancredi
Director

Marcus J. Molinaro
County Executive

What are Social Determinants of Health, and Why Are They Important?

Let's say your doctor gave you a clean bill of health at your last checkup. Great news, but have you considered the factors that put you in a good place? Chances are it was more than luck or good genetics that led to your successful aging.

A key factor we might not be familiar with

This is where "social determinants of health" come in. Remember that phrase, because we'll all be hearing it increasingly often.

Social determinants of health are the social, economic and environmental factors that can affect the health and quality of life of every one of us. Examples of social determinants are plentiful: access to nutritious food; stable income; safe, affordable housing; reliable transportation; and friends and family close by.

These determinants are often interconnected. Here's a hypothetical situation covering many of the factors above, and what can happen when one or more positive factors are missing:

You know what it takes to make good nutritional choices, but obstacles are making it difficult for you. The apartment you can afford on a fixed income is too far from the grocery stores and farmers markets that sell the nutritious food you need. What's more, it's become difficult for you to safely negotiate the stairs at your apartment, even when you're not lugging bags of groceries. As a result, it's become harder to stay connected with friends and family - and all that was before the COVID-19 pandemic.

Are we up for the challenge?

Whether or not the above is your own situation, meeting challenges like it will be increasingly common as the baby boom generation continues to age. Even the youngest baby boomers are in their late 50's now.

For seniors who struggle with factors related to social determinants of health, the ability to age independently becomes more difficult. With the number of older adults in this situation expected to grow faster than the overall rate of population

growth, their struggles become everyone's. If it wasn't on our radar before, the pandemic has put it there now.

The Office for the Aging's role

The Dutchess County Office for the Aging will continue working to connect Dutchess County seniors and their caregivers with the resources to which they're entitled, that help address social determinants of health. We encourage health care providers to take a closer look at social determinants during their senior patients' visits, and share information with them about OFA services.

If you're reading this, you already know how to get in touch with us - but not every senior or caregiver knows what's available. We can help clear up misconceptions and explain benefits and services; assist with applying for a wide range of benefit and housing programs; counsel people regarding Medicare information; help homebound seniors meet nutritional needs (more about that on Page 6); and so much more.

Information on getting in touch with us is available below.

SPOTLIGHT ON SENIORS

Marcus J. Molinaro — County Executive
Todd N. Tancredi — Director, Office for the Aging
Brian Jones — Editor, Spotlight on Seniors

Dutchess County Office for the Aging
114 Delafield St., Poughkeepsie NY 12601

(845) 486-2555 / toll free (866) 486-2555

Email: ofa@dutchessny.gov
Web: www.dutchessny.gov/aging

Available for free at libraries, senior centers and municipal buildings throughout Dutchess County.

Five issues published annually, including a Medicare-focused edition in September.

To be added to or removed from our mailing list, call (845) 486-2544 or email bjones@dutchessny.gov.

FREE “Drive-Thru” Senior Picnics

Traditional sit-down Senior Picnics aren’t possible this year, but the Office for the Aging has put together a series of safe and socially distanced “drive-thru” picnics for seniors throughout Dutchess County, with meals provided by local delis.

*Reserve a spot at the picnic serving your community by calling the Office for the Aging at (845) 486-2555. **Space is limited; a reservation and proof of residency are required at all picnics.** Many thanks to our 2020 Platinum picnic sponsors, EverCare at Home and Home Energy Solutions.*

SUMMER 2020 DRIVE-THRU PICNIC SCHEDULE

Tuesday, July 28th - West Road School, 181 West Rd., Pleasant Valley
(Pleasant Valley residents)

Thursday, July 30th - Memorial Park, 298 Fishkill Ave., Beacon (Beacon residents)

Tuesday, August 4th - Wappingers Junior High School, 30 Major Macdonald Way,
Wappingers Falls (Wappinger/Wappingers Falls residents)

Thursday, August 6th - Bowdoin Park, 85 Sheafe Rd., Poughkeepsie
(Town of Poughkeepsie residents)

Tuesday, August 11th - Stissing Mountain Jr./Sr. High School, 2928 NY 199, Pine Plains
(North East/Millerton, Pine Plains, Stanford and Washington/Millbrook residents)

Thursday, August 13th - St. John’s Lutheran Church, 55 Wilbur Blvd., Poughkeepsie
(City of Poughkeepsie residents)

Tuesday, August 18th - Church of Regina Coeli, 2 Harvey St., Hyde Park
(Clinton and Hyde Park residents)

Thursday, August 20th - Geering Park, Geering Way, Fishkill (Fishkill residents)

Tuesday, August 25th - Freedom Park, 212 Skidmore Rd., LaGrangeville
(Beekman and LaGrange residents)

Thursday, August 27th - Hopewell Recreation Center, 890 NY 82, Hopewell Jct.
(East Fishkill residents)

Tuesday, September 1st - Dutchess County Fairgrounds, 6636 NY 9, Rhinebeck
(Milan, Red Hook/Tivoli and Rhinebeck residents)

Thursday, September 3rd - Thomas Boyce Park, 6420 NY 55, Wingdale
(Amenia, Dover, Pawling and Union Vale residents)

The 2020 “Celebration of Aging”

We weren't able to gather in person this year to honor Dutchess County's centenarians and longest-married couples, but we're honoring them in the “Spotlight on Seniors.”



Minnie Lee McCary

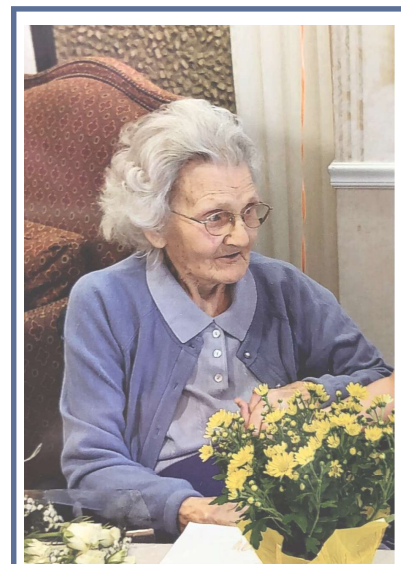
Mary Summa (Dover) - 104
 Dorothy Paxton (Fishkill) - 104
 Eunice Anderson (Millbrook) - 103
 Helen Dubraski (Poughkeepsie) - 103
 Frances Castro (Poughkeepsie) - 102
 Olga Devita (Millbrook) - 102
 Myra Gokey (Fishkill) - 102
 Minnie Lee McCary (Poughkeepsie) - 102
 Margaretha Pijnappel (Fishkill) - 102
 Margaret Rutledge (Millbrook) - 102
 Pearl Temple (Poughkeepsie) - 102
 Lucille Jordan (Poughkeepsie) - 101
 June Rightmyer (Poughkeepsie) - 101
 Mary Amandolare (Poughkeepsie) - 100
 Palma Gervasi (Pawling) - 100
 Sam Lee (Fishkill) - 100
 Gertrude Rabb (Fishkill) - 100



Mary Summa



Sam and Lossie Lee



June Rightmyer

Lossie and Sam Lee (Fishkill) - 80 years
 Angelina and Fred Grippi (Millbrook) - 72 years
 Marion and Albert Ratschki (Millbrook) - 70 years

Special congratulations to **Sam Lee**, who becomes the second person in the 22-year history of the Celebration of Aging to be honored both as a centenarian and as part of a couple married 70 years or more...truly amazing!

Do you know a Dutchess County resident who has turned or will turn 100 this year, or a couple married 70 years or more this year? If they'd like, we can honor them in the fall 2020 issue of the “Spotlight on Seniors.” Contact OFA Outreach Coordinator Brian Jones to find out more, at bjones@dutchessny.gov or (845) 486-2555.

Fresh Fruits and Veggies for Seniors, From a Farm Near You

When you've eaten something from a Dutchess County farmers market, chances are it just tastes better. You'd be right - and what's more, it provides the maximum in nutrition as well as taste.

We're lucky to have some of the finest agricultural land in the world here in Dutchess County, and the state Senior Farmers Market Nutrition Program (SFMNP) can help qualifying seniors take advantage of the abundance, with a booklet of five \$4 checks that can be used at participating markets as noted to the right.

Eligible seniors must be at least 60 years of age and receiving benefits through Social Security, public assistance, SNAP, HEAP, or Section 8 housing; or earn less than \$1,968 per month for a single senior or \$2,658 for a couple, and \$3,349 per month for a three person household.

The NYS Department of Agriculture and Markets collaborates with the NYS Department of Health, the NYS Office for the Aging, and Cornell Cooperative Extension in administering the program. Farmers must sign up annually with the manager of the market in which they plan to participate. There is no fee to the farmer for participation. More information can be found at www.agriculture.ny.gov.

We will distribute SFMNP booklets across the county from our main office in Poughkeepsie, and to qualifying participants of our Senior Friendship Center and Home Delivered Meals programs. SFMNP checks must be signed for in person. Because of pandemic-related restrictions, we cannot accept "walk-in" applicants. Supplies are limited. Qualifying seniors can call or email OFA at **(845) 486-2500** or ofa@dutchessny.gov to make pick-up arrangements. Residents of low-income housing complexes may be able to find out more from their residence manager.

Local Markets Participating in Farmers Market Nutrition Program (FMNP) as of July 1, 2020

Arlington Farmers Market

Vassar College Alumni Lawn, 123 Raymond Ave.,
Poughkeepsie
Thursday 3pm - 7pm through November 19
FMNP Accepted
www.arlingtonhasit.org

Beacon Farmers Market

Veteran's Place, between Henry and Main Sts.
Sunday 10am-3pm through November 16
SNAP Accepted; FMNP Accepted; FCC Accepted
www.beaconfarmersmarket.org

Millerton Farmers Market

6 Dutchess Ave. Millerton Methodist Church
Saturday 10am - 2pm, June-December
SNAP Accepted
www.millertonfarmersmarket.org

Pawling Farmers Market

Pawling Village Green Charles Colman Blvd.
Saturday 9am - 1pm
June 13 - September 27
FMNP Accepted
www.pawlingfarmersmarket.org

Poughkeepsie Plenty Fresh Market Farm Stand

29 N. Hamilton Street (Family Partnership Center)
Tue / Wed / Thu, 11:30pm - 3:30pm
June 1 - November 15
SNAP Accepted; FMNP Accepted
www.dutchessoutreach.org

Rhinebeck Farmers Market

Municipal Lot, 61 E. Market St.
Sunday 10am - 2pm through December 27
SNAP Accepted; FMNP Accepted
www.rhinebeckfarmersmarket.com

Share the Bounty Farm Stand

Hudson River Healthcare, 3360 Route 343, Amenia
Tuesday 9am - 1pm, June 30 - October 30
FMNP Accepted

Z Farms Farm Stand

355 Poplar Hill Rd. Dover Plains
Saturday 2pm-5 pm, Sunday 10am-1pm
Open year-round
SNAP Accepted; FMNP Accepted
www.zfarmsorganic.com

OFA Home Delivered Meals: More Than 43,000 Served Since March

When the COVID-19/coronavirus pandemic struck in March, it became clear that the Office for the Aging would need to adapt quickly to meet the new needs of Dutchess County seniors, many of whom would be new to OFA services. To keep seniors safe at home, eligibility was temporarily expanded for our Home Delivered Meals (HDM) program for homebound seniors.

Dozens of volunteers of all ages stepped up to become HDM delivery drivers, and to help prepare massive batches of daily meal deliveries. A few of them are pictured below.

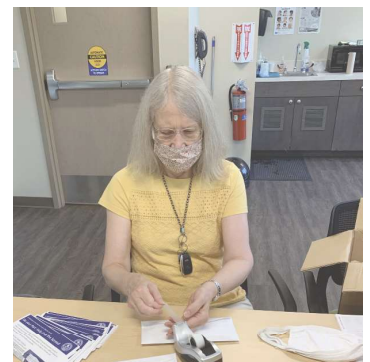
To paraphrase Captain America...they can do this all day.



Our eight Friendship Centers have been converted into hubs for preparing hundreds of additional Home Delivered Meals every weekday.



Demand for OFA Home Delivered Meals has more than tripled since the COVID-19 pandemic began. We now serve over 1,000 homebound Dutchess County seniors every week. If you'd like to volunteer for the Home Delivered Meals program as a driver or meal prep specialist, call or email **(845) 486-2555** or nbhargava@dutchessny.gov.



OFA staff and volunteers have also been busy assembling deliveries of vital health and safety equipment for seniors throughout Dutchess County.

Volunteers also helped prepare this issue of the *Spotlight on Seniors* for delivery to you.

If you can volunteer in a clerical capacity, call or email **(845) 486-2555** or bjones@dutchessny.gov.



Our Seniors Say "Thanks"

When the pandemic struck, many Dutchess County seniors found themselves remaining at home to stay physically safe, though at the cost of a greater likelihood for social isolation. The Office for the Aging has been meeting the challenge through a temporarily expanded Home Delivered Meals (HDM) program, as well as the delivery of thousands of washable face coverings for seniors preparing to make a safe re-entry into public life.

It's gratifying to see that our seniors' needs are being met.

Dear friends, June 30, 2020
Thank you for the
Two free face coverings,
Your office is caring
for the seniors of Dutchess
County -
Thanks for helping us
stay safe.
Barbara O'Leary

Dear Nirmesh,
A note of thanks and
appreciation for your
personal attention and
visit. A real human
interaction.

THANK YOU for the washable fabric
face coverings.
This is greatly appreciated!
STAY SAFE, BE WELL and God Bless
your DC Office of the Aging.
Sincerely,
A 90 yr. old SENIOR

To: all involved,

6-30-2020

Just to thank you very much
for the masks -

E. Sharkey



If you are a Dutchess
County resident age 70 or
older, and need a washable
face covering, contact the
Office for the Aging:

(845) 486-2555
ofa@dutchessny.gov

Supplies are limited.

Dutchess County Office for the Aging
114 Delafield Street, Poughkeepsie, NY 12601

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CURRENT RESIDENT OR

TO:

A Call For Volunteers Of All Ages

Whether you've got one hour of free time a week, or all the time in the world, you can help. Join the Office for the Aging's mission, helping Dutchess County seniors continue to live independently.

You can help distribute food to seniors and provide support at this summer's Drive-Thru Senior Picnics. More about those on Page 3.

You can drive for our Home Delivered Meals program that serves our homebound seniors. You can become a Health Insurance Information, Counseling and Assistance Program (HIICAP) counselor. When pandemic restrictions allow it, you can help our senior exercise, tai chi, and "A Matter of Balance" programs. And if clerical assistance is your skill, you can help the Office for the Aging with helping prepare materials for mailing to our seniors and caregivers.

We're sure you have plenty of questions about the details, and you can contact us to find out more using the details to the right.

Those Who Can, Do - Those Who Can Do More, Volunteer

For more information
about the
Dutchess County
Office for the Aging,
visit us online at
www.dutchessny.gov/aging

email

ofa@dutchessny.gov

call

(845) 486-2555
or **(866) 486-2555**

or mail

**Dutchess County
Office for the Aging
114 Delafield St.
Poughkeepsie NY 12601**

We're open 9 a.m. to 5 p.m.
Monday through Friday.